

A/B, 3, 2/101

To: File

Subject: SI and H Experimentation, Wednesday, 17 October 1951.

On Wednesday, 17 October 1951, Messrs. [redacted] and the writer conducted experiments in SI and H with [redacted] and [redacted].

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In view of the fact that [redacted]'s capacity for attaining a true SI state had been consistently questioned for some time by Messrs. [redacted] and the writer, it was decided that the entire session was to be devoted toward obtaining at least a light SI state in [redacted]. [redacted] was used in the tests primarily to give [redacted] confidence. [redacted]'s ability in obtaining deep SI and consistently maintaining such has been previously established.

Accordingly, [redacted] in the first attempt, used a commanding approach and directed full attention of [redacted] and [redacted] to obtaining a complete body catalepsy. [redacted] did not respond at all to these suggestions, obtaining no depth whatsoever and coming awake in a standard "falling" test. [redacted] on the other hand, while not fully completing the "falling" test, nevertheless maintained a complete SI state throughout.

After some discussion and following prearranged plans, the writer then working directly with [redacted] used a very, very slow "hand levitation" test with [redacted]. The results of which apparently produced in [redacted] a reasonably good SI sleep w state. At the same time, or rather during the operation of the technique on [redacted] the writer, [redacted] was directed into an SI state by [redacted] who noted that [redacted] was becoming completely engrossed in the writer's work with [redacted]. The writer thereafter awakened slowly by the 12345 method both [redacted] and [redacted]. Both [redacted] and [redacted] stated that they had obtained a good SI state at this time. Thereafter, [redacted] repeated the same test with both [redacted] and [redacted] using again a very slow technique and awakening. This test also was entirely successful both from the observer's point of view and according to both participants.

Finally, [redacted] made a third slow induction of both subjects with a slow awakening. After giving a standard post hypnotic to the effect that both subjects would go to sleep when he rapped on his shoe with a pencil which he held in his hand.

[REDACTED]

After both [REDACTED] and [REDACTED] were awakened, the post hypnotic was tried and each subject responded very easily to the post hypnotic suggestion.

Since the induction had been in a very slow and deliberate manner, consuming from 15-20 minutes during each test, it was decided to conclude the evening's work.

COMMENT:

not

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Slow inductions are necessary on the part of [REDACTED] since she is capable of obtaining quite rapidly an excellent deep SI and the only reason for continuing this work with her is to assist in helping [REDACTED] gain confidence in her ability to attain a true SI condition.

[REDACTED] It is believed, regained a great deal of lost ground during this session and her three inductions appeared entirely successful. She, herself, admitted that she had, in each case, attained a deeper state than she had in many sessions previously. Further work along this line of slow deliberate induction technique appears necessary before she can be tried on more advanced experimentation